

VEGETABLES

ADDITIONAL SUBGROUP

Section 2 - Vegetables – Additional Subgroup ¹					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PEAS AND CARROTS					
Peas and Carrots, canned	No. 10 can (105 oz)	41.30	1/4 cup heated, drained vegetable	2.5	1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots
	Pound	6.30	1/4 cup heated, drained vegetable	15.9	
Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
SOUPS, CANNED					
Soups, canned <i>Condensed (1 part soup to 1 part water) minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>	No. 3 Can 50 oz (or about 46 fl oz)	11.50	1 cup reconstituted (about 1/4 cup vegetable)	8.7	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.2	
	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.7	

¹ For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

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SOUPS (continued)					
Soups, canned <i>Ready-to-serve (minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	
SUCCOTASH					
Succotash, canned <i>Corn and Green Beans</i>	No. 10 can (103 oz)	34.10	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash
	No. 10 can (103 oz)	37.80	1/4 cup drained vegetable (unheated for salads)	2.7	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.0	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.1	
Succotash, frozen <i>Corn and Green Beans</i>	Pound	8.76	1/4 cup cooked, drained vegetable	11.5	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2- 7/8 cups thawed
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.7	

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VEGETABLES, MIXED					
Vegetables, Mixed canned <i>Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes Includes USDA Commodity</i>	No. 10 can (106 oz)	36.1	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable
	No. 2-1/2 can (29 oz)	11.5	1/4 cup heated, drained vegetable	8.7	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable
	No. 300 can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.6	1 No. 300 can = about 8.6 oz (1-1/2 cup) drained, unheated vegetable
Vegetables, Mixed, frozen <i>Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes</i>	Pound	8.10	1/4 cup cooked, drained vegetable	12.4	
Vegetables, Mixed, frozen <i>Country/Midwest blend (carrots, corn, green beans)</i>	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.2	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to- serve thawed, mixed vegetables
	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables